



GUANGYANG SECONDARY SCHOOL

Learners for Today, Leaders for Tomorrow

Secondary 4 & 5 Level Talk

24 Feb 2023



Outline

1 Opening address
by Principal

2 Support provided
in the final lap

By Year Head

3 Sharing on various post-
secondary pathways

By Education and Career
Guidance Counsellor

4 Dealing with exam
stress together

By School Counsellor





Principal's Opening Address



School Vision, Mission and Values

Vision: *Learners for Today,
Leaders for Tomorrow*

Mission: *To nurture students to
become Leaders, Thinkers and
Advocates for Self, Community
and Nation*

Values: *Responsibility, Respect,
Integrity, Care, Grit*



Support provided in the last lap

- Form Teachers
- Subject teachers
- Student well-being Team
- Year Head
- School Management Committee



The School Leaders



Principal – Mr Alvin Lim





Vice Principal (Admin) – Mr Anbalagan



Vice Principal – Mr James Han





Form Teachers [Sec 4]

Class	Form Teachers
4E1	 Mrs Lim Poh Geok
4E2	 Mr Justin Tan






Form Teachers [Sec 4]

Class	Form Teachers
4E3	 Ms Eleri Lin
4E4	 Mr See Yong Xin







Form Teachers [Sec 4]

Class	Form Teachers	Form Teachers
4N1	 Ms Shan Qi	 Mr Nicholas Ang
4N2	 Mr Zheng Jie	 Ms Chuang Chea Chee





Form Teachers [Sec 4]

Class	Form Teachers	Form Teachers
4N3	 Ms Shakhira	 Ms Cheryl Choo
4T1	 Mdm Ratna	 Ms Suvenna Tan



Form Teachers [Sec 5]

Class	Form Teachers
5N1	 Mr Kok Woon Poh
Level Coordinator	 Mr Calvin Cheng

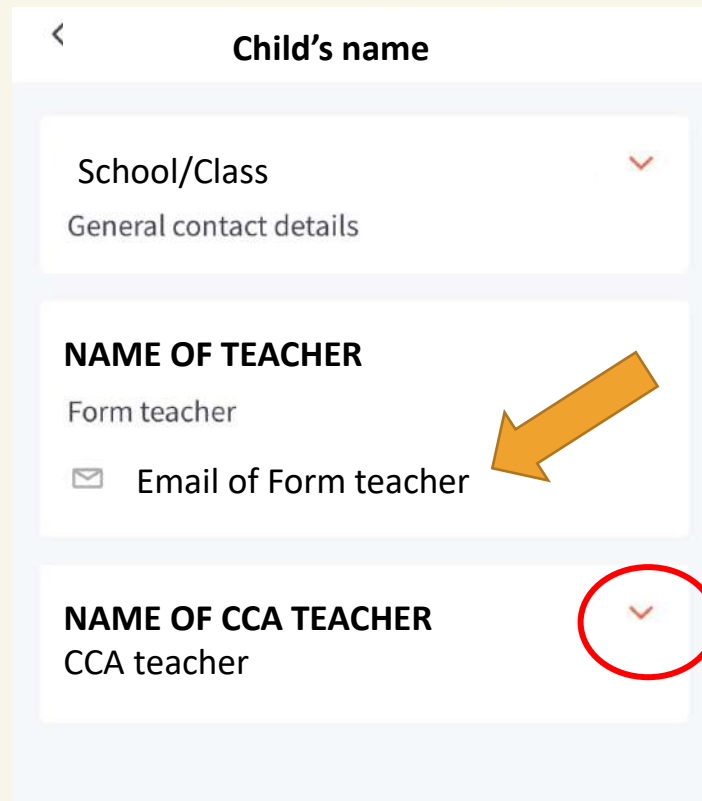


Student Well-being Team

- **Top Row** (Left to right):
- Mr Colin Tan (ECG Counsellor)
- Mr Gan Chai (Student Welfare Officer)
- Mrs Eugenia Fam (SH Student Well- being)
- Mr Azlan Azri (Subject Head Discipline)
- Mr Chan Chew Keong (HOD Student Mgmt)
- **Bottom** : (Left to Right):
- Ms Joyce Tang (School Counsellor)
- Mr Jeyaram (Senior SEN Officer)
- Ms Delina Williams (Senior School Counsellor)



Work with us



Work with us

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Get in touch with Guangyang Secondary School



GUANGYANG SECONDARY SCHOOL

Learners for Today, Leaders for Tomorrow



Work with us

Main Office

8 Bishan Street 12
Singapore 579807

[VIEW MAP](#) →

Operating Hours

Mon - Fri: 8.00am - 5.00pm
Closed on Public Holidays

Contact Us

General Enquiries & Feedback

[+65 6258 9781](tel:+6562589781)

gyss@moe.edu.sg





Support provided

1

Academic Support

2

Assessment & Feedback

3

CCA & Enrichment

4

Professional Advice




Academic Support

- Curriculum
- Structured Supplementary Lesson
- Mother Tongue Intensive Programme (For Sec 4E5N)
- EL Oral Preparatory Lessons (For Sec 4E5N)
- Science Study Camp (For 4E5N)
- June Supplementary Lesson (**Last week of June Holidays**)




Assessment & Feedback

**Term 1: Weighted
Assessment (WA) 1
(15%)**



**Term 2:
WA2 (15%)
+ Timed Practice**



Term 3: Preliminary Examinations (70%)
Week 5 to 6 – Sec 4NA & Sec 4NT
Week 9 to 10 – Sec 4E & Sec 5N



Mid-year exams for all primary and secondary school levels will be removed by 2023: MOE

SINGAPORE: Mid-year examinations for all primary and secondary school levels will be removed by 2023, announced Minister for Education Chan Chun Sing on Monday (Mar 7).

Speaking in Parliament during his ministry's Committee of Supply debate, Mr Chan noted that mid-year examinations for Primary 3 and 5 and Secondary 1 and 3 students have been removed over the last few years.

Assessment & Feedback

- Weighted Assessments
- Preliminary Examinations
- Timed Practice:
 - Term 2 Week 1 to Term 3 week 3 (Schedule coincides with WA)
 - Time management
 - Milestone check on preparation for National examinations
 - No excessive testing



National Examinations Timeline

(Source: <https://www.seab.gov.sg>)

N Level Examinations

- January: Coursework **ongoing during lessons**
- July: Oral
- September: Listening Comprehension, Practical, Written papers for EL, MTL, SS, etc
- October: the rest of the written papers



National Examinations Timeline

(Source: <https://www.seab.gov.sg/home/examinations/gce-o-level>)

O Level Examinations

- January: Coursework **ongoing during lessons**
- May: MTL paper
- July: Oral and Listening Comprehension
- October: Science Practical, written papers



CCA & Enrichment

- Holistic Development
- Character Building
- Values inculcation
- Peer support
- De-stress



Student Development Experiences


- Education & Career Guidance (ECG talk in school, Poly visits, DSA/EAE Preparation, Course Advising in Nanyang Polytechnic)
- Subject Weeks
- Signature Walk for graduating cohort
- Enrichment Workshop
- National Education (NE) Quiz



Professional Advice

- Education and Career Guidance
- Well-being and emotional Support



A portrait of Mr Colin Tan, a middle-aged man with short dark hair, wearing glasses, a white collared shirt, and a dark blue blazer. He is smiling slightly and looking towards the camera. The background is a solid grey.

Supporting your child in their educational journey

Mr Colin Tan
Education and Career
Guidance Counsellor

Supporting your child in their educational journey

Guangyang Secondary School

24th February 2023



Post-Secondary Education Institutions (PSEIs)



Pre-University Education

- 18 Junior Colleges: offering a 2-year curriculum, leading to the GCE 'A' Certificate or International Baccalaureate (IB) Diploma (offered by Integrated Programme schools)
- 1 Centralised Institute (Millennia Institute): offering a 3-year curriculum, leading to the GCE 'A' Certificate
- Academically rigorous, broad-based education that prepares the student for university education.
- Subjects offered at 3 levels of study - Higher 1 (H1), Higher 2 (H2) and Higher 3 (H3)
- Different institutions offer various subject combinations and have their own eligibility guidelines for certain H2 subjects. Check school website for details

Polytechnic Education



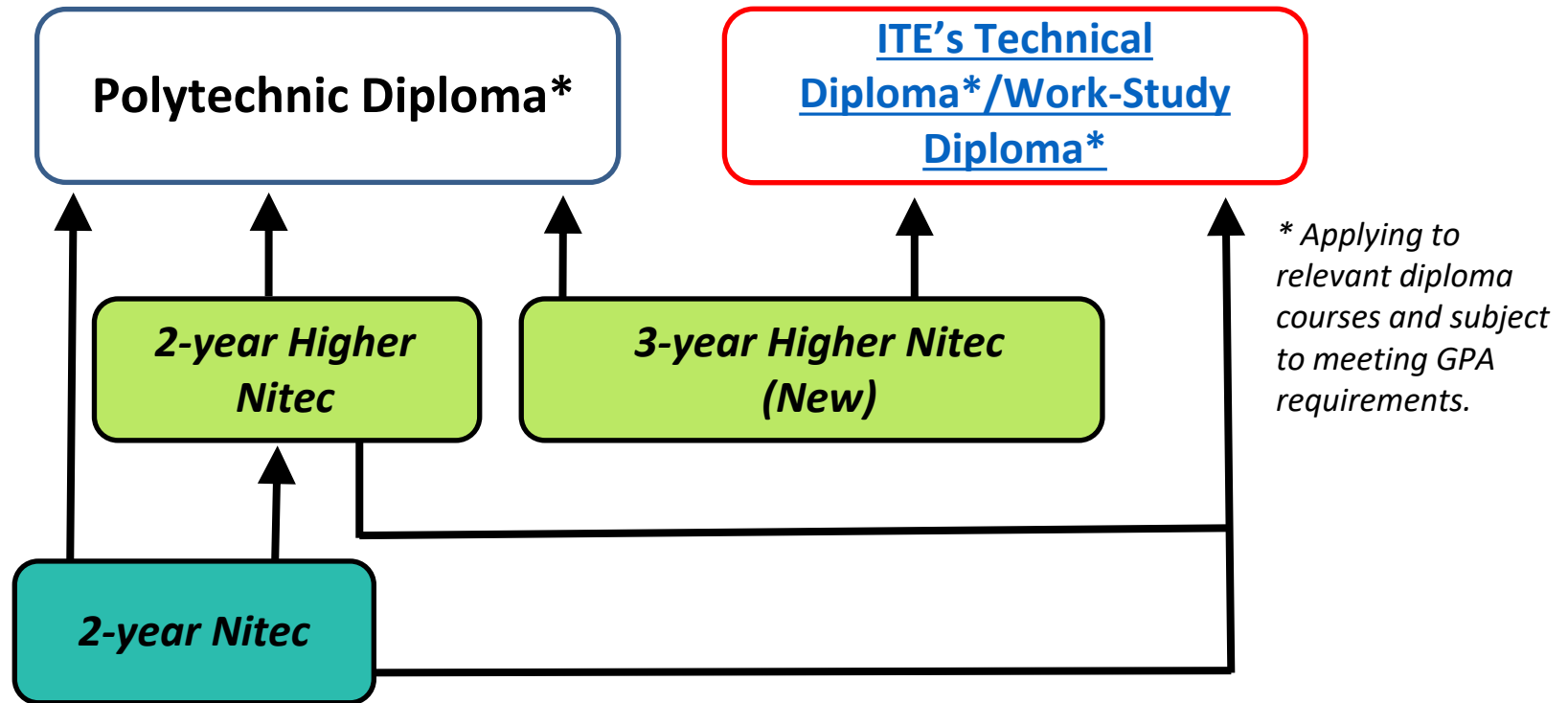
- 5 Polytechnics
- 3-year full-time Diploma programme. Practice-oriented curriculum. Focuses on applied learning with industry attachments
- Almost 200 courses, including common entry programmes (business, engineering, ICT, science, media & design).
- Equips students with skills and competencies that prepares them for the workforce.
- Allows for progression to University.

Institute of Technical Education (ITE)



- 3 ITE Colleges – East, Central & West
- 6 schools: Engineering, Design & Media, Electronics & Info-comm Technology, Business & Services, Hospitality, and Applied & Health Sciences
- Equips students with hands-on, industry-relevant skills and knowledge. Prepares them for work.
- Allows for progression to Polytechnic Diploma. Also eligible for **Polytechnic Early Admission Exercise**
- Allows for progression to ITE Technical Diplomas or ITE Work-Study Diplomas

ITE Progression Pathways



Each Nitec or Higher Nitec course equips students with industry-relevant skills and knowledge.
Also allows for progression to ITE Diploma or Poly Diploma.

Arts Institutions



- Offer diploma and degree courses
- Specialising in design, media, fashion, fine arts, performing arts, arts management and art & music teaching (NAFA)
- Alliance to set up University of the Arts Singapore (1st intake in 2024)

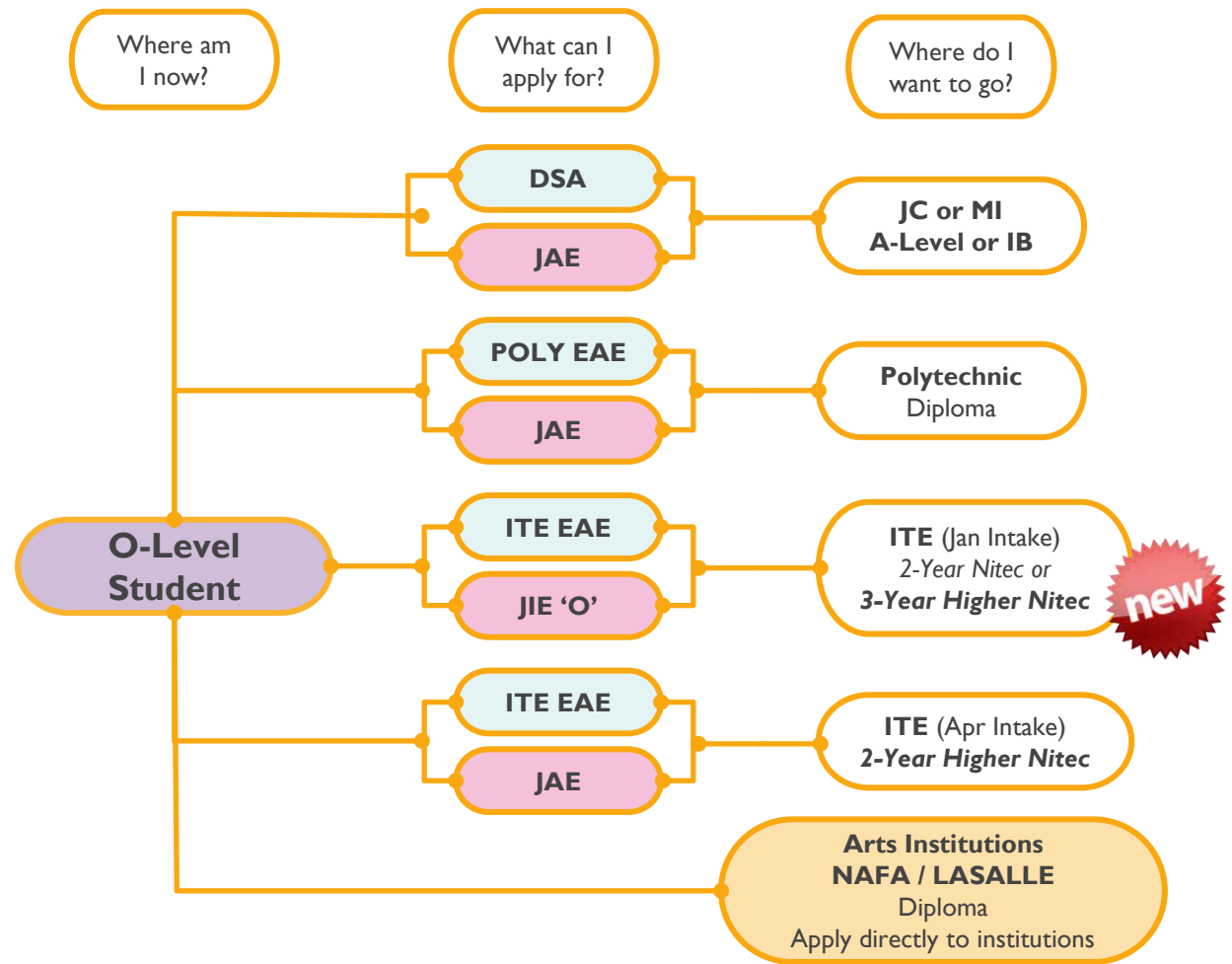
Post-Secondary Education Pathways

Sec 4 Express & Sec 5 N(A)

What's next after GCE 'O' levels?

Aptitude Based Admission

Merit Based Admission

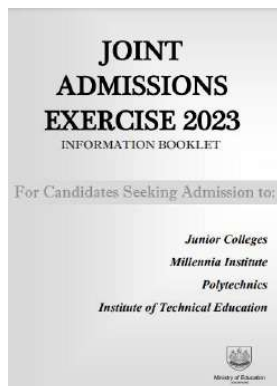


*New: 3-year Higher Nitec wef Jan 2022 (selected courses)

How do I qualify for JC/CI?

Junior College	Centralised Institute
<div data-bbox="28 606 150 711">1</div> <p>L1R5 ≤ 20</p> <p><i>L1 refers to EL/HMT R1 to R3 refer to Humanities, Maths and Science R4 and R5 refer to any best two subjects.</i></p>	<p>L1R4 ≤ 20</p> <p><i>L1 refers to EL/HMT R1 and R2 refer to Humanities, Maths and Science R3 and R4 refer to any best two subjects.</i></p>
<div data-bbox="28 932 150 1036">2</div> <p>Subject Requirements</p> <ul style="list-style-type: none"> English Language (A1 to C6) E <u>or</u> A Mathematics (A1 to D7) Mother Tongue (A1 to D7) <u>or</u> Higher MT (A1 to E8) <u>or</u> MT 'B' Syllabus (Merit or Pass) 	<p>Subject Requirements</p> <ul style="list-style-type: none"> English Language (A1 to C6) E <u>or</u> A Mathematics (A1 to D7) Mother Tongue (A1 to D7) <u>or</u> Higher MT (A1 to E8) <u>or</u> MT 'B' Syllabus (Merit or Pass)

JAE: Latest JC L1R5 Net Aggregate Scores



**Table D-1 : L1R5 Aggregate Scores (with Bonus Points) of
Students Admitted to JCs in the Previous Year's (2022) JAE**

S/No	JC Name	Arts		Science/IB	
		Course Code	Previous (2022) JAE Net L1R5	Course Code	Previous (2022) JAE Net L1R5
1	Anderson Serangoon Junior College	39A	11	39S	10
2	Anglo-Chinese Junior College	22A	9	22S	8
3	Anglo-Chinese School (Independent)	-	-	51I	5
4	Catholic Junior College	23A	13	23S	13
5	Dunman High School	44A	9	44S	8
6	Eunoia Junior College	38A	8	38S	6
7	Hwa Chong Institution	24A	5	24S	4
8	Jurong Pioneer Junior College	40A	16	40S	14
9	Nanyang Junior College	26A	6	26S	5
10	National Junior College	27A	8	27S	7
11	Raffles Institution	28A	5	28S	4
12	River Valley High School	45A	9	45S	8
13	St. Andrew's Junior College	30A	11	30S	9
14	St. Joseph's Institution	-	-	52I	7
15	Tampines Meridian Junior College	41A	13	41S	13
16	Temasek Junior College	32A	9	32S	8
17	Victoria Junior College	33A	8	33S	7
18	Yishun Innova Junior College	42A	19	42S	19

Source: JAE 2023 Booklet

Direct School Admission (DSA-JC)



- Allows students secure a place in the JC, based on talents and achievements like sports, performing arts, leadership or specific academic areas
- JCs have different talent categories and selection criteria
- Online Applications - apply through individual JC websites **starting in May**

Update:

Increase in DSA-JC places for Govt and Govt-aided JCs from 10% to **20%** of non-IP JC1 intake (as of DSA intake in 2022)

- Assessed through trials, auditions, portfolio, and/or interviews.
- May be asked to submit exam results, CCA records, portfolio, personal statement and character reference
- Offer is confirmed if student **meets L1R5 ≤ 20** and subject requirements of EL, MA and MT. Not required to meeting cut-off point of the course.
- With confirmed offer, students cannot transfer schools nor participate in JAE

How do I qualify for Polytechnic?

1

Net ELR2B2 \leq 26

**EL= English Language, R2 = Relevant 2 Subjects, B2 = Best 2 Subjects; Net ELR2B2 includes deduction of CCA bonus points*

2

Meet subject Minimum Entry Requirements (Course-dependent)

Courses are grouped into 4 categories with different subject MER:

A

- Humanities
- Media-related

C

- Sciences, Engineering
- ICT, Built Environment

B

- Business & Management

D

- Built Environment
- Media & Design

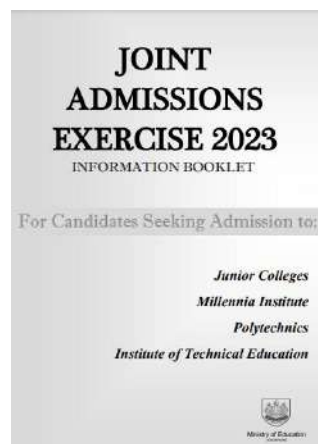
**Please refer to JAE 2023 Booklet for full details of MER*

Minimum Entry Requirements for Poly Courses

Aggregate Type	A <ul style="list-style-type: none"> Humanities Media-related 	B <ul style="list-style-type: none"> Business & Management 	C <ul style="list-style-type: none"> Sciences, Engineering ICT, Built Env 	D <ul style="list-style-type: none"> Built Env Media & Design
EL	English			
First Relevant Subject (R1)	Humanities, Art, Music, etc...	Mathematics. A Mathematics	Mathematics. A Mathematics	Mathematics. A Mathematics
Second Relevant Subject (R2)	Mathematics. A Maths, Art, MT, D&T, F&N, POA, Humanities, Music, etc...	Art, Humanities, POA, Music, etc...	Science, D&T, N&FS, Computing, etc...	Science, Art, D&T, N&FS, Computing, etc...
B2	Best 2 subjects			

**Please refer to JAE 2023 Booklet for full details of relevant subjects*

Sample Polytechnic MER and ELR2B2 Net Aggregate Scores guide for JAE



Courses	Course Code	Aggregate Type	Net ELR2B2 Range for Previous (2022) JAE	Minimum Entry Requirements																										
APPLIED SCIENCES																														
Applied Chemistry	C45	ELR2B2-C	5 to 9	<table><thead><tr><th>Subject</th><th>Grade</th></tr></thead><tbody><tr><td>a) English Language</td><td>1-7</td></tr><tr><td>b) Mathematics (Elementary/Additional)</td><td>1-6</td></tr><tr><td>c) Any one of the following subjects:</td><td>1-6</td></tr><tr><td>• Biology</td><td></td></tr><tr><td>• Biotechnology</td><td></td></tr><tr><td>• Chemistry</td><td></td></tr><tr><td>• Combined Science</td><td></td></tr><tr><td>• Food & Nutrition / Nutrition & Food Science</td><td></td></tr><tr><td>• Physics / Engineering Science</td><td></td></tr><tr><td>• Science (Physics, Biology)</td><td></td></tr><tr><td>• Science (Chemistry, Biology)</td><td></td></tr><tr><td>• Science (Physics, Chemistry) / Physical Science</td><td></td></tr></tbody></table>	Subject	Grade	a) English Language	1-7	b) Mathematics (Elementary/Additional)	1-6	c) Any one of the following subjects:	1-6	• Biology		• Biotechnology		• Chemistry		• Combined Science		• Food & Nutrition / Nutrition & Food Science		• Physics / Engineering Science		• Science (Physics, Biology)		• Science (Chemistry, Biology)		• Science (Physics, Chemistry) / Physical Science	
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c) Any one of the following subjects:	1-6																													
• Biology																														
• Biotechnology																														
• Chemistry																														
• Combined Science																														
• Food & Nutrition / Nutrition & Food Science																														
• Physics / Engineering Science																														
• Science (Physics, Biology)																														
• Science (Chemistry, Biology)																														
• Science (Physics, Chemistry) / Physical Science																														
Biologics & Process Technology	C49	ELR2B2-C	8 to 11																											
Chemical & Pharmaceutical Technology	C73	ELR2B2-C	8 to 14																											
Common Science Programme (New Course in JAE)	C27	ELR2B2-C	-																											
The first semester is common to all students and they will opt for one of the following Diploma courses at the end of semester 1:																														
<ul style="list-style-type: none">• Applied Chemistry• Biologics & Process Technology• Chemical & Pharmaceutical Technology• Food Science & Nutrition• Pharmaceutical Science																														
Food Science & Nutrition	C69	ELR2B2-C	8 to 12																											
Pharmaceutical Science	C65	ELR2B2-C	5 to 9																											

Poly Early Admission Exercise



Picture source: www.polytechnic.edu.sg

- EAE Online Applications : **Opens in June**
- Secure a place in a polytechnic course, based on **interests** and **aptitude**, before sitting for the 'O' levels.
- Apply up to 3 Poly courses and submit application write-ups for each.
- Students assessed through interviews, aptitude tests and portfolio reviews.
- If successful, students given a conditional offer in 1 course of choice.
- Offer is confirmed if student fulfils **ELR2B2 \leq 26** and meets the subject **minimum entry requirements (MER)**.
- With confirmed offer, students cannot switch course.
- If the MERs are not met, offer is revoked and student participates in JAE based on O-level results.

For more info, visit <https://www.moe.gov.sg/post-secondary/admissions/poly-eae/>

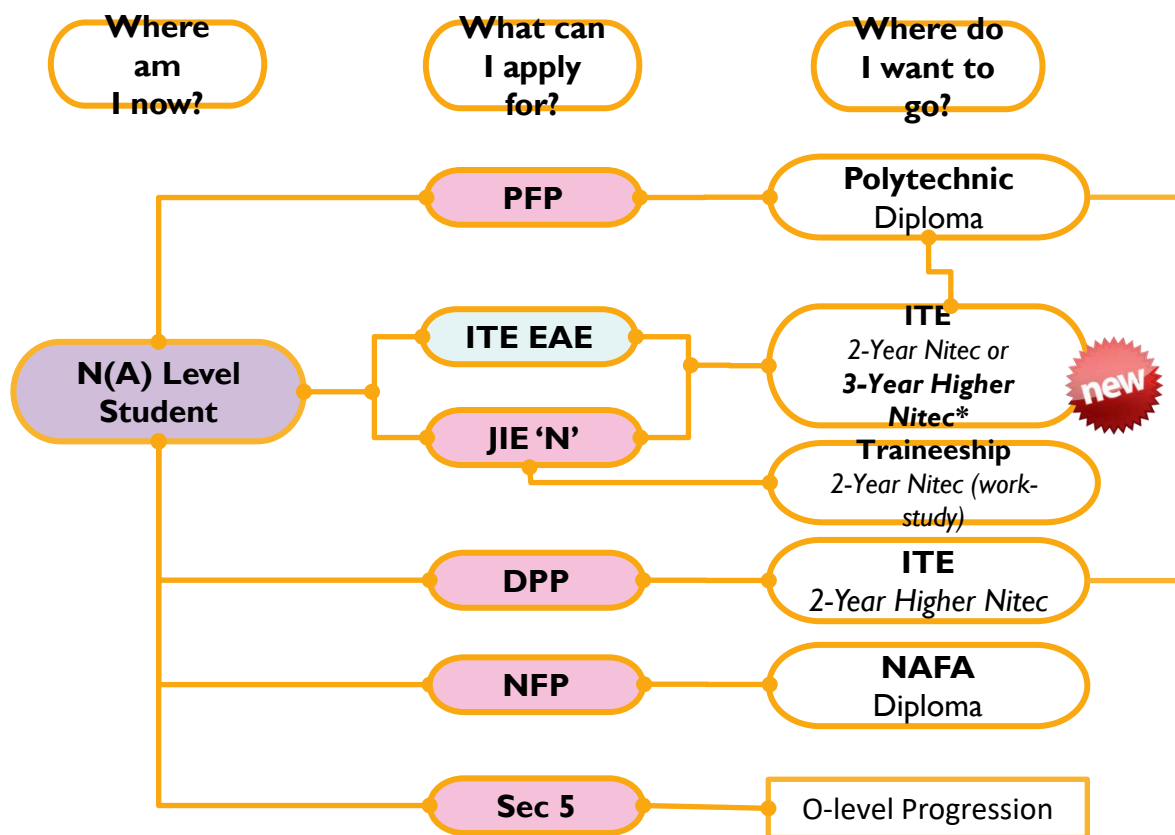
Post-Secondary Education Pathways

Sec 4 N(A)

What's next after GCE 'N' levels?

Aptitude Based Admission

Merit Based Admission



*New: 3-year Higher Nitec wef Jan 2022 (selected courses)

Polytechnic Foundation Programme (PFP)

- ✓ **4 years in Poly** - 1 year of foundation programme followed by 3 years of a diploma course
- ✓ Apply up to 5 polytechnic courses. If successful, only 1 course will be offered.
- ✓ Obtained **ELMAB3** (English, Math, 3 best subjects) raw aggregate of **12 points or less** (excl. CCA bonus points)

NB:** PFP courses in Group 1 require a **min EL grade of 3**, while courses in Group 2 require a **min EL grade of 2



For Courses in Group 1 (Science & Tech Courses)

Subject	Minimum Grade Requirement
EL Syllabus A	3
Math Syllabus A / A Math	3
One of the following relevant subjects: <ul style="list-style-type: none"> - Design and Technology - Food and Nutrition/Nutrition and Food Science - Science (Chem/Bio) - Science (Chem/Physics) - Science (Physics/Bio) 	3
Any other two subjects excluding CCA	4
Total ELMAB3	≤ 12

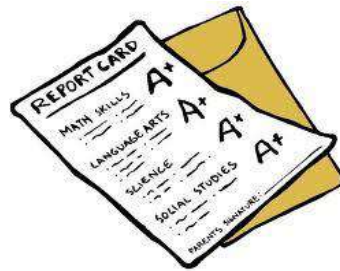
For Courses in Group 2 (Non Science & Tech)

Subject	Minimum Grade Requirement
EL Syllabus A	2
Math Syllabus A / A Math	3
One of the following relevant subjects: <ul style="list-style-type: none"> - Art - Geography - History - Literature in English - Combined Humanities - POA 	3
Any other two subjects excluding CCA	4
Total ELMAB3	≤ 12

Direct-Entry-Scheme to Polytechnic Programme (DPP)



+



=



**DPP prepares student for
Polytechnic via 2-yr
Higher Nitec in ITE**

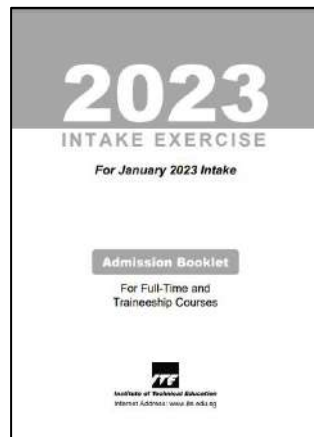
**Achieve minimum
qualifying
Grade Point
Average (GPA) of
2.5 or 3**

**Assured of a place
in a mapped
Polytechnic course**

Direct-Entry-Scheme to Polytechnic Programme (DPP)

ELMAB3 <i>(EL, MA and Best 3 Subjects)</i>	≤ 19 <i>(excluding CCA bonus points)</i>	
English Language	≤ 3 <i>(Business & Services or hospitality courses)</i>	≤ 4 <i>(Applied Sciences, Engineering and ICT courses)</i>
Mathematics	≤ 4	
Best Subject 1	≤ 5	
Best Subject 2	≤ 5	
Best Subject 3	≤ 5	

Posting to DPP – Merit based



Source: JIE-N 2023 booklet

2-Year Higher Nitec Courses	Course Code	College Code	2022 JIE 'H' ELMAB3	Entry Requirements
Duration: 2½ Years (10 weeks of preparatory course followed by 2 years Higher Nitec training)				<p>A total of 19 points or less for English Language, Mathematics and 3 other subjects (ELMAB3) in the GCE 'N(A)' examination</p> <p>For the ELMAB3 aggregate score, you must get:</p> <ul style="list-style-type: none">• Grade 1-4 in English Language• Grade 1-4 in Mathematics• Grade 1-5 in the 3 other subjects <p>A total of 19 points or less for English Language, Mathematics and 3 other subjects (ELMAB3) in the GCE 'N(A)' examination</p> <p>For the ELMAB3 aggregate score, you must get:</p> <ul style="list-style-type: none">• Grade 1-3 in English Language• Grade 1-4 in Mathematics• Grade 1-5 in the 3 other subjects
APPLIED SCIENCES				
Chemical Technology ②	FPCHT	CE-SM	7	
ENGINEERING				
Civil & Structural Engineering Design ②	FPCSE	CE-SM	10	
Electrical Engineering ①②	FPELE	CE-SM CW-CK	14 14	
Electronics Engineering ①②	FPECE	CC-AM CE-SM CW-CK	13 15 15	
Mechanical Engineering ②	FPMEC	CC-AM CE-SM CW-CK	11 15 14	
Mechatronics Engineering ①②	FPMCE	CC-AM CW-CK	12 13	
INFO-COMMUNICATIONS TECHNOLOGY				
Business Information Systems ②	FPBIS	CE-SM	10	
Cyber & Network Security ②	FPNST	CC-AM CE-SM CW-CK	8 11 10	
Immersive Applications & Game ② (previously known as Games Art & Design)	FPIAG	CC-AM	9	
IT Applications Development ②	FPIAD	CC-AM CE-SM CW-CK	9 11 10	
IT Systems & Networks ②	FPISN	CC-AM CE-SM CW-CK	9 11 11	
BUSINESS & SERVICES				
Accounting ②	FPACC	CC-AM CE-SM CW-CK	9 11 11	
Event Management ②	FPBSE	CC-AM CE-SM	10 11	
Financial Services ②	FPBNS	CC-AM	10	
Hospitality Operations ②	FPHPO	CW-CK	11	
International Logistics ②	FPLIT	CE-SM	11	
Leisure & Travel Operations ②	FPLTO	CW-CK	10	
Service Management ②	FPBSC	CW-CK	11	

Aggregate score of 16 to 19 is **NOT** likely to be placed.

Early Admission Exercise (ITE EAE)



- EAE Application: **Opens in May**
- Allows students to apply and secure a place in ITE, based on **interests** and **aptitude**, before sitting for the 'N' levels.
- Apply up to 3 Nitec/Higher Nitec courses
- Students assessed through write-ups, interviews, aptitude tests and portfolio reviews.
- Important to participate in CCA and school activities to demonstrate interest and build **portfolio**.
- **Conduct** and **attendance** grade also important
- If successful, students given a conditional offer in course of choice.
- Offer is confirmed if student fulfils **minimum entry requirements (MER)**.

NAFA Foundation Programme



- ✓ Obtained an **ELMAB3** aggregate of **15 points or better** (excluding CCA bonus points)
- ✓ Attend interviews, audition or pass admission test, depending on course of study
- ✓ **One year** of foundation programme, followed by **three years** of a diploma programme



Progression to Secondary 5

- ✓ Obtained an ELMAB3 aggregate of **19 points or better** (excluding CCA bonus points); and
- ✓ Obtained at least a **Grade 5** for all subjects used in **ELMAB3** computation
- ✓ Take the 'O' Level exams
- ✓ Based on O-Level results, students may apply for Junior Colleges, Centralised Institute, Polytechnics, Higher Nitec courses at ITE or Arts Institutions.
- ✓ Also eligible for Early Admission Exercise (EAE) to Polytechnics and Direct School Admission (DSA) to JCs

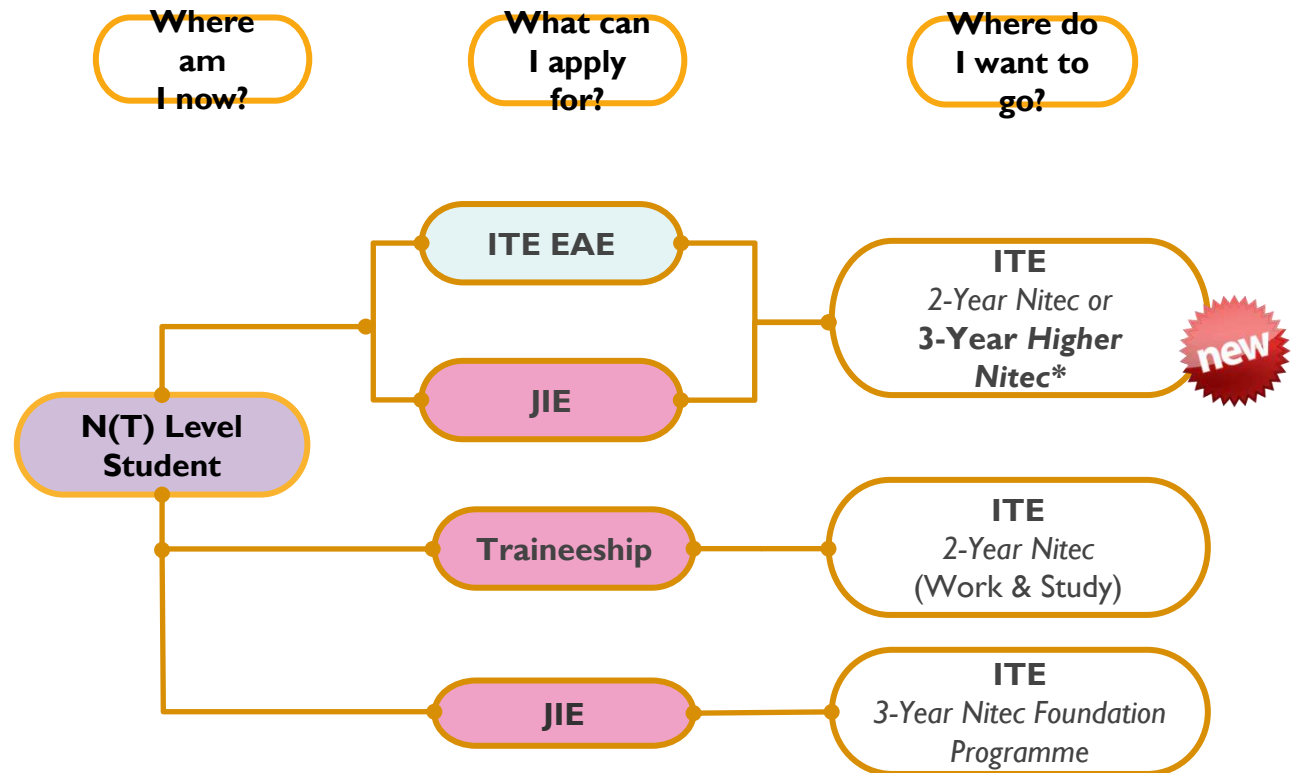
Post-Secondary Education Pathways

Sec 4 N(T)

What's next after GCE 'N' levels?

Aptitude Based Admission

Merit Based Admission



*New: 3-year Higher Nitec wef Jan 2022 (selected courses)

Eligibility Criteria for 2-year Nitec & 3-year Higher Nitec Courses (JIE)

To qualify for the course:

Meet subject **Minimum Entry Requirements (MER)**
(different subject MER for different courses)

To be posted to the course:

Meet course cut-off based on **best 4** GCE 'N' Level subjects
(including CCA bonus points)

ITE Traineeship

- 2-year work-study courses
- Work full-time and attend classes at ITE one to two times a week
- Graduate with Nitec cert or progress to Higher Nitec

Employed by a
company

Earn as you learn
arrangement

Monthly
salary/staff
benefits

National certification
awarded by ITE

Fees fully paid by
sponsoring company

Early Admission Exercise (ITE EAE)

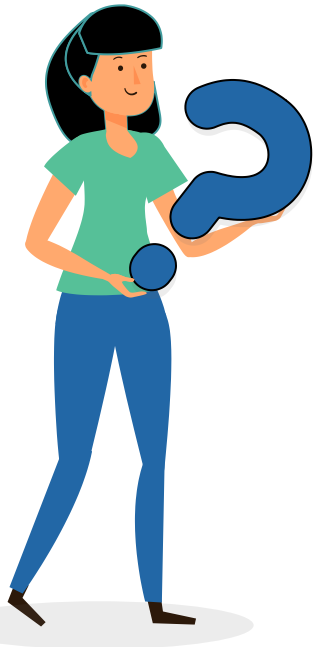


- EAE Application: **Opens in May**
- Allows students to apply and secure a place in ITE, based on interests and aptitude, before sitting for the 'N' levels.
- Apply up to 3 Nitec/Higher Nitec courses
- Students assessed through write-ups, interviews, aptitude tests and portfolio reviews.
- Important to participate in CCA and school activities to demonstrate interest and build **portfolio**.
- **Conduct** and **attendance** grade also important
- If successful, students given a conditional offer in course of choice.
- Offer is confirmed if student fulfils **minimum entry requirements (MER)**.

Supporting Your Child's ECG Journey

What is Education & Career Guidance

- Builds self-awareness of **interests, personality, skills** and **values**.
- Develops disposition of **resilience, adaptability** and **lifelong-learning** to be able to navigate education and career pathways purposefully.



Who am I?

Discovering purpose

I need to understand myself better. The more I know about myself, the better choices I will make.



Where do I want to go?

Exploring opportunities

Many pathways are worth taking. I need to explore viable education and career options, set goals and make plans.



How do I get there?

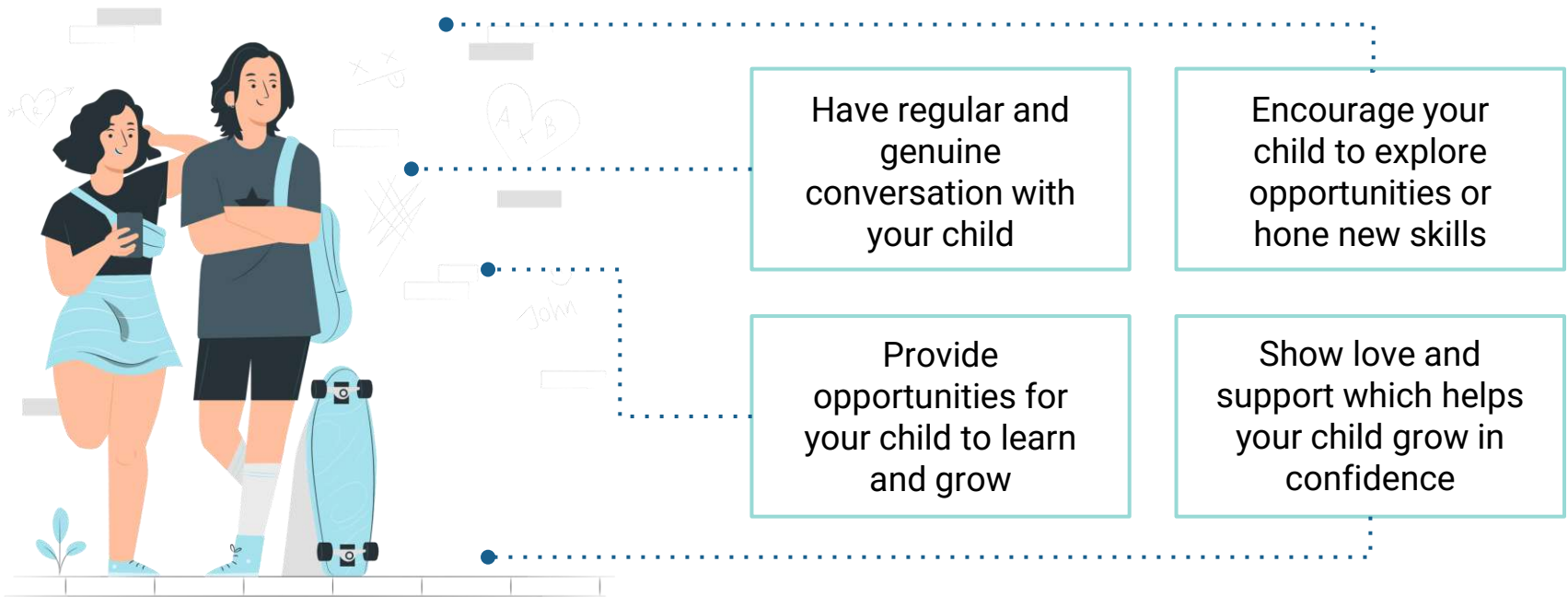
Staying relevant

There are no dead ends. I can make informed decisions and develop plans to pursue my aspirations through different routes.



How can ECG support you?

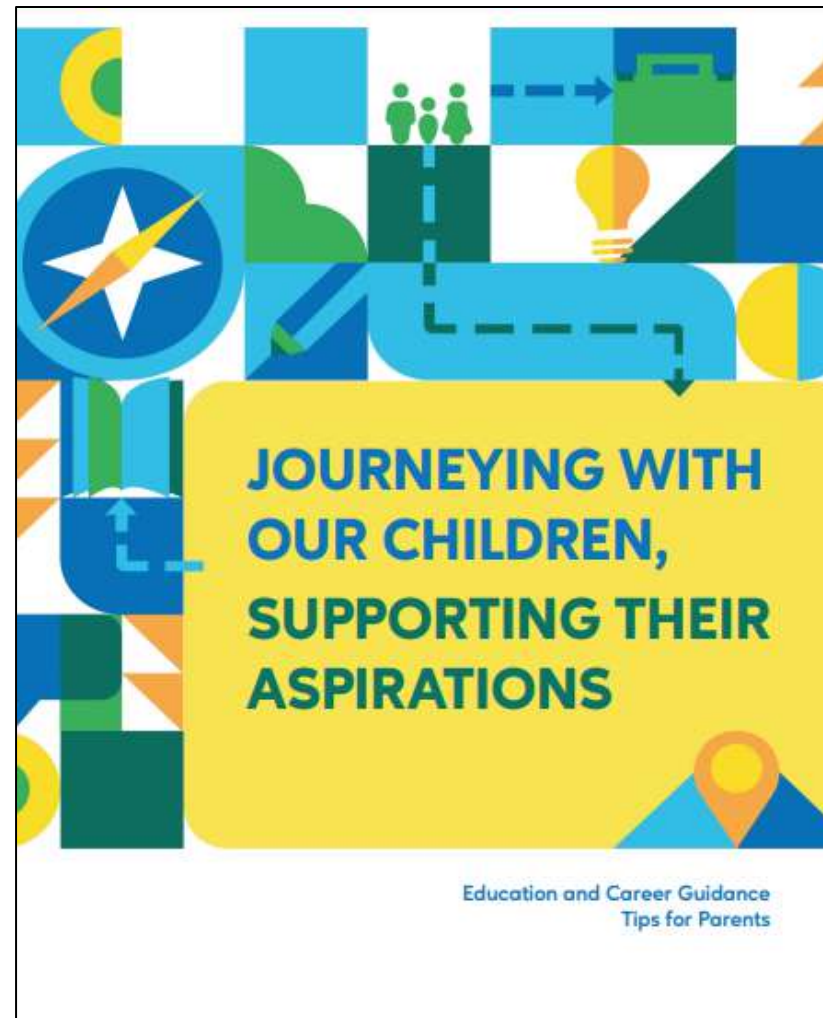
Supporting your child's aspirations



A parent's guide to education and career guidance



<https://go.gov.sg/ecgparentguide>





Ministry of Education
SINGAPORE

Education levels ▾ Financial matters ▾ Education in SG ▾ News Careers About MOE



MOE > POST-SECONDARY >

Last Updated: 04 May 2022

Help us improve



Admissions exercises and programmes

Explore the different admissions exercises and programmes available to help you gain entry into a junior college, Millennia Institute, polytechnic or ITE.

Learn about the post-secondary educational pathways, admissions exercises and programmes in our Post-Secondary Admissions Exercises booklet.





[Download the Post-Secondary Admissions Exercises booklet](#) (694KB)



<https://www.moe.gov.sg/post-secondary/admissions/>






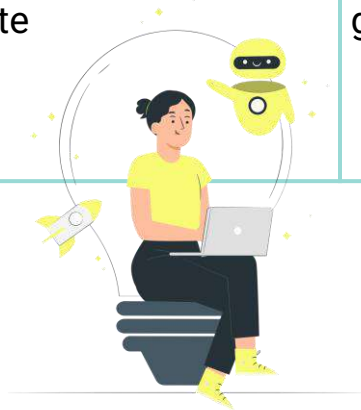
Useful Resources

Website	URL	
Journeying with our Children. Supporting their Aspirations	go.gov.sg/ecg-parent-guide	
Overview of Post-Secondary Education Institutions (PSEIs)	go.gov.sg/overview-pseis	
The Next Step Forward (e-book)	go.gov.sg/next-step-forward	
MySkillsFuture for Secondary School	go.gov.sg/mysfsec	






Useful Resources

Website	URL	
MOE Course Finder	go.gov.sg/coursefinder	
What's Next (After 'N' / 'O' / 'A' Level)	go.gov.sg/whats-next	
Schoolbag Website	go.gov.sg/schoolbag	






Useful Resources

Website	URL	
Early Admissions Exercise - ITE	go.gov.sg/applyeae	
Early Admissions Exercise – Polytechnics	go.gov.sg/polyeae	
Direct School Admission – Junior Colleges	go.gov.sg/applyjcda	



Useful Resources

Website	URL	
Direct Entry to Polytechnic Programme (DPP)	go.gov.sg/dpp	
Polytechnic Foundation Programme	go.gov.sg/pfp	
NAFA Foundation Programme (NFP)	www.nafa.edu.sg/courses/foundation	



Thank you

Mr Colin Tan

Education & Career Guidance Counsellor

Monday & Wednesday • Library

Scan QR code to make an appointment



<https://go.gov.sg/gvss-ecg>





Dealing with exam stress together

Ms Joyce Tang
Full-time School
Counsellor





GUANGYANG SECONDARY SCHOOL

Learners for Today, Leaders for Tomorrow

Dealing with Exam Stress Together

Sharing by School Counsellor



Sharing Agenda

1 What is Exam Stress?

Features of exam stress

2 Stress & Performance

How exam stress affects performance

3 Strategies

Parents and students jointly managing exam stress

4 Available resource

Parenting with MOE (online)





Exam Stress

Affects both the student, and parents too!

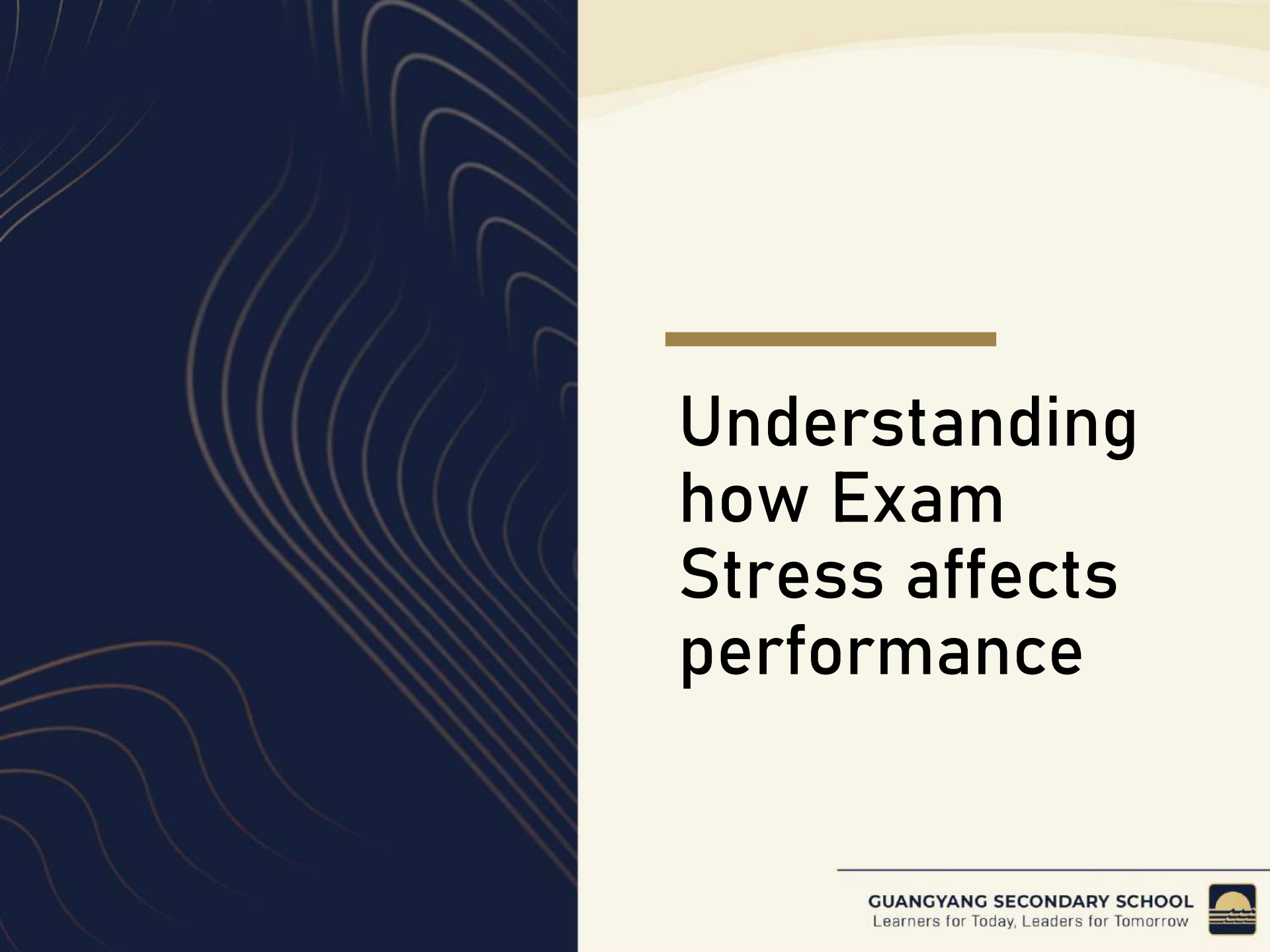
Exam Stress – Good or Bad?

Feeling stressed is the body's way of helping you prepare for an upcoming opportunity (challenge).

Exam stress has a healthy purpose:

- When exam stress is managed at a moderate level, students are focused and can achieve their best



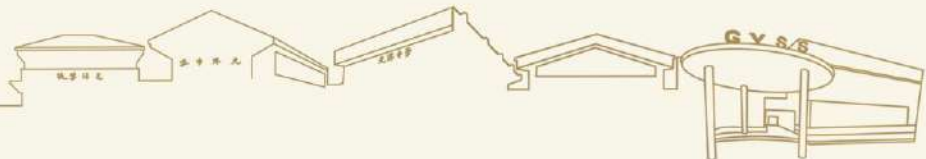
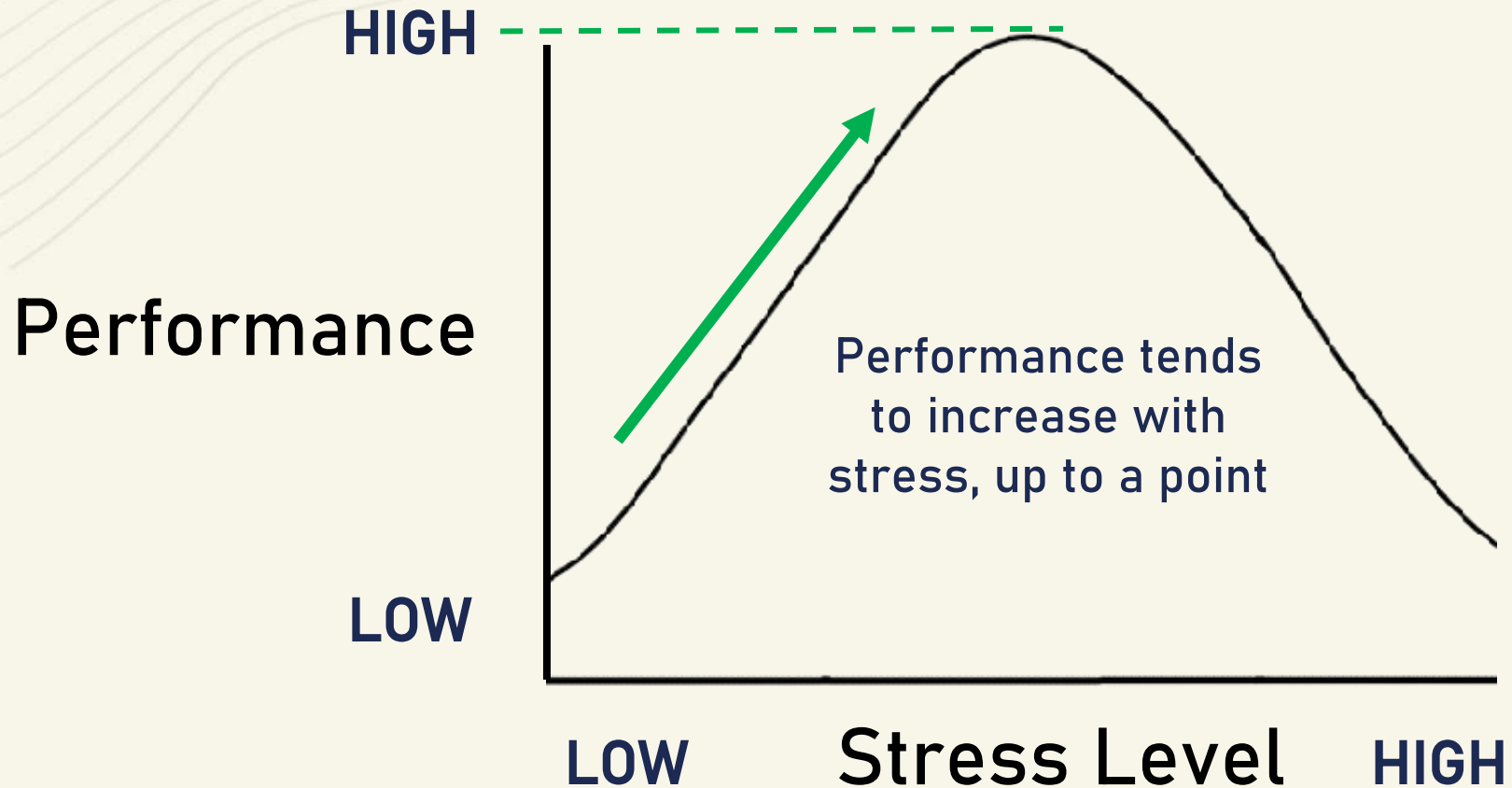


Understanding how Exam Stress affects performance



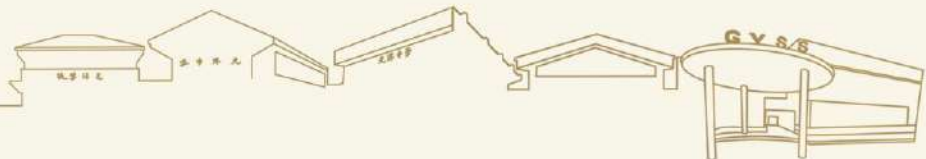
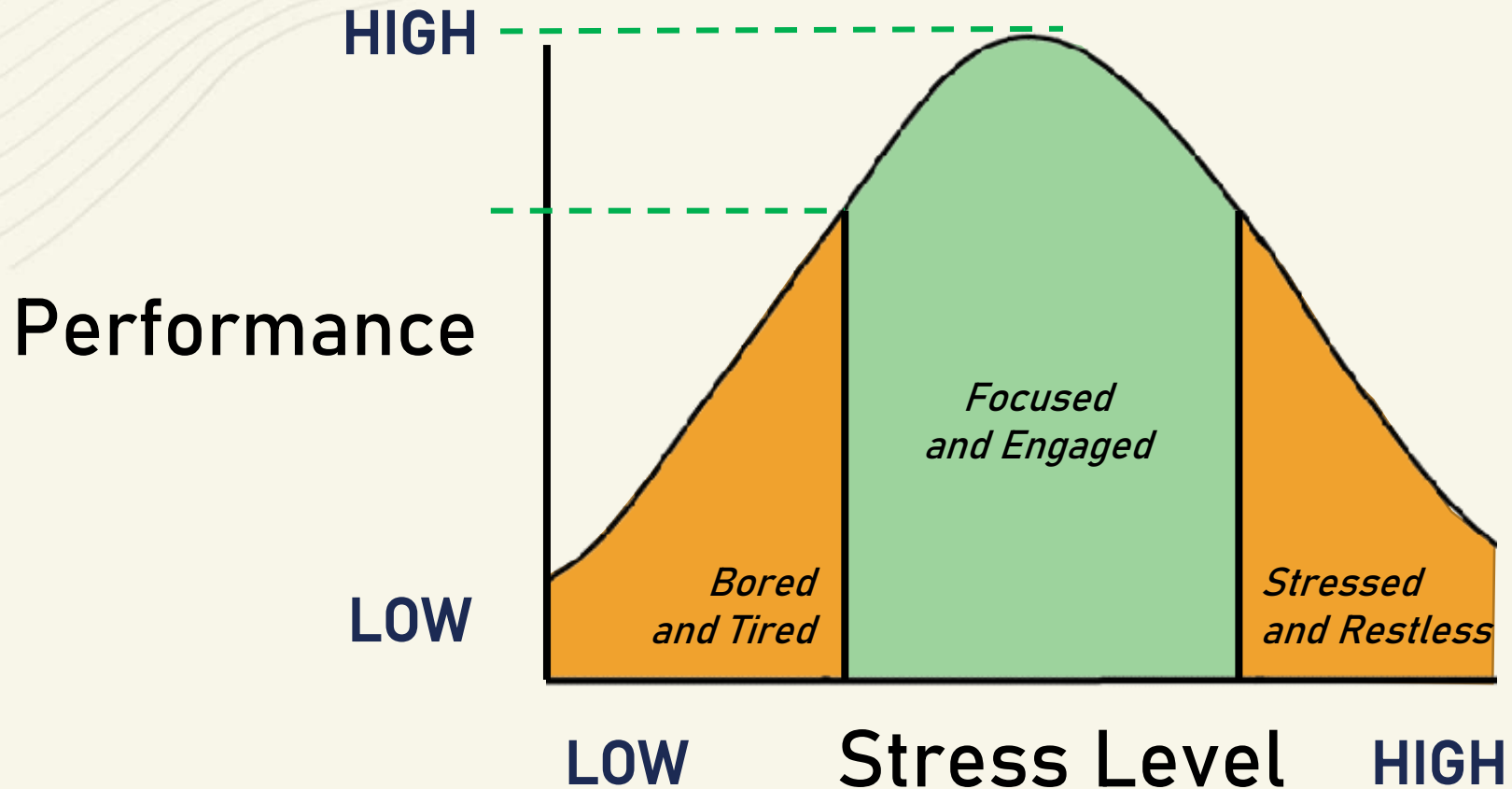
Stress and Performance

The Yerkes-Dodson Law



Exam Stress and Performance

The Yerkes-Dodson Law



Managing Exam Stress levels allows optimal performance

- Students will feel worried and stressed about the upcoming exams
- Ultimately, the key in dealing with exam stress is to know and practice helpful stress management strategies
(i.e. to “dial down” when stress levels are high)



**Parents
together with
students
can achieve a
real difference
in managing
Exam Stress**



Strategies

1. Increase self-awareness of personal stress levels
- 2,3,4. Proactively keep exam stress at a moderate level

1. Students and parents as “Thermometers”

Why?

- Revising in the state of being stressed out and restless is often inefficient and ineffective
- Going into exams with high stress levels also impacts exam performance



1. Students and parents as “Thermometers”

- Student to have self-awareness of personal stress levels
- Parents as skilled observers: Recognize your child's stress levels and gently share your observations



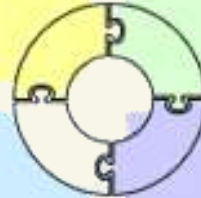
Recognising signs of Exam Stress

Feeling (Emotions)

- Sense of unease
- Worry, nervousness, apprehension
- Restlessness, high energy, tense and unable to settle down

Thinking (Thoughts)

- Believing that bad outcomes will surely happen (“confirm fail”)
- Thinking about all the things that could go wrong (“later I blank”)

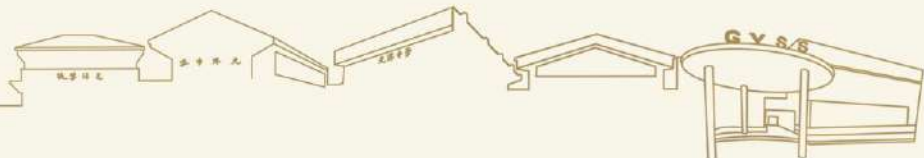


Physiology (Senses)

- Quickened breathing and heart rate
- Increased sweating
- Dry mouth
- Stomach ache
- Headache or dizzy feeling

Doing (Actions)

- Pacing
- Fidgeting
- Crying
- Repeating certain actions (e.g. checking notes)



2. Work together to plan a balanced revision schedule


- Encourage students to create their own revision schedule and use it
- Stress heightens when the situation feels out of control
- Having a revision plan and knowing available resources gives the student a sense of control and capability



2. Work together to plan a balanced revision schedule

- Focusing entirely on academics may lead to a neglect in other aspects of life
- Positive emotions come from exercise, hobbies, bonding with loved ones, helping others, etc.
- Positive emotions buffer against exam stress





3. Sustaining the social support system

Quality relationships are important in the face of high stress

3. Sustaining the social support system

Make time to have regular conversations

- Go beyond grades and studies
- Neutral topics: Was there anything fun that happened today; ask about shared interests
- Good timing, location for both parent(s) and student
- Consider check-ins through text



3. Sustaining the social support system

Doing shared activities or interests strengthens quality relationships

- Choose an activity both enjoy or are open to doing
- You could plan meaningful study breaks with your child



3. Sustaining the social support system

Give meaningful and sincere praise

- Students want praise despite how they respond
- Praise the process
- Focus on the effort
- Catch your child doing good – encourage and help them feel some success





4. Sources of support in school

- Parents: Partner with student's Form Teacher(s)
- Students: Reach out to trusted adults in school. Year Head, Form Teachers, Subject Teachers, School Counsellors, and more

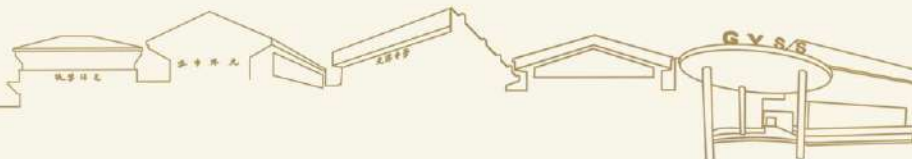




Available Resource

Parenting with MOE

To partner you in your parenting journey, MOE has launched a dedicated Instagram account for parents:
[@parentingwith.moesg](https://www.instagram.com/parentingwith.moesg).





Question & Answer



**We look forward in
meeting you on 9
March 2023 during
Parent-Teacher
Meeting.**

